

THE BLUEGRASS GUARD

Serving the men and women of Kentucky's Army and Air National Guard

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2008 PHOTO CONTEST WINNER:
SGT. DARIO DULOVIC

IN EACH ISSUE

4 DID YOU KNOW?

Substance abuse signs

9 INTO THE BLUE

Air Guard hosts Pararescue Rodeo

FEATURES



5 UNIT DEPLOYS TO LOUISIANA

623rd aids in storm relief after Hurricane Gustav hits coast



9 ADJUTANT GENERAL TOURS SCHOOLS

Three schools in Alexandria, Ky. receive visit from Maj. Gen. Edward W. Tonini.

THE COVER

Photo by Sgt. Dario Dulovic/KYARNG

A Soldier from the 103rd Brigade Support Battalion submitted this winning photo for this year's photo contest. Check out more photos submitted on pages 13 and 14.





THE BLUEGRASS GUARD

100 Minuteman Parkway
Frankfort, KY 40601
phone: 502-607-5091/1898/1562/1556
fax: 502-607-1468
www.dma.ky.gov

THE ADJUTANT GENERAL'S OFFICE

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Deputy State Public Affairs Officer

1st Lt. Stephen Martin

133rd Mobile Public Affairs Det. Commander

Maj. David Page

123rd Airlift Wing Public Affairs Officer

Capt. Dale Greer

Editor

Staff Sgt. Gina Vaile-Nelson

Assistant Editors

1st Lt. Andi Hahn

First Sgt. John W. Kibler

Dave Altom

Contributors

ANG Multimedia Specialists

Unit Public Affairs Representatives

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The Bluegrass Guard is distributed free to all members of the Kentucky Army and Air National Guard and to other interested persons by request.

Guardmembers and their Families are encouraged to submit any articles meant to inform, educate or entertain Bluegrass Guard readers. Send submissions, photos and correspondence to gina.vaile@us.army.mil. Payment will not be made for contributions. Paid advertising will not be accepted.

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Army retiree address changes should be made through Staff Sgt. Jason Petitt at the Kentucky National Guard Personnel Services Branch. He can be reached at 502-607-1613 or jason.petitt@ky.ngb.army.mil.

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The Bluegrass Guard values opinions

To comment, keep remarks under 150 words, include your name, rank and address and send them to:

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KG-PAO

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Kentucky Guard combats substance abuse

Programs available to help Soldiers and Airmen win the fight

By Col. Judy Greene-Baker

Drug Demand Reduction Program Coordinator

There are many factors that may contribute to a Soldier or Airman's use of drugs and alcohol. Trouble re-integrating into civilian life, Post Traumatic Stress Disorder or even guilt can cause a servicemember to self-medicate with legal or illegal substances.

The Kentucky National Guard has realized that American servicemembers are facing enemies that span beyond the battlefield. Because the Kentucky National Guard cares about each and every uniformed member and Family, we are here to help.

The Drug Demand Reduction Program is offering a new prevention, treatment and outreach program to Kentucky National Guard units, with the hope of recognizing warning signs and preventing substance abuse before it starts.

With surveys before and after deployments, we will be able to identify units with Soldiers and Airmen who may be at risk for substance abuse. Our outreach programs will

teach Family members how to identify signs that their servicemember may need help.

Our relationship with treatment facilities will assist those who do fall victim to substance abuse to get the help they need, quickly and efficiently.

I urge you to read more about alcohol and substance abuse signs on page 4.

If you would like help planning your annual mandatory substance abuse training, please contact our offices so that we can assist you with training aids and materials.

If you know someone who may be suffering from substance abuse, don't hesitate to call our office so that we can help that Soldier or Airman.

Bottom line – look out for your buddies.

The battle against substance abuse is a tough one, but it can be won.

For more information, contact Col. Judy Green-Baker, 859-293-4180.



NEXT ISSUE



Recruiting and Retention Information



Adjutant General in Afghanistan



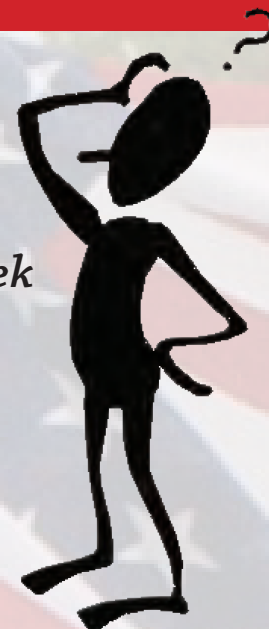
Air Guard softball team

GOT NEWS?

Anyone can submit photos and stories for possible use on our pages! Have a story or a story idea? Send your ideas or completed stories to gina.vaile@us.army.mil or call 502-607-5091 for more information.

How to tell if someone abuses alcohol

***I**t's not just Soldiers and Airmen returning from duty who may become prone to alcohol abuse. Anyone can become dependent on alcohol. If you or someone you know is experiencing any of the behaviors listed below, you should seek help immediately.*



What type of signs should I look for?

A person abusing alcohol may show some of these signs:

- Continuing to drink even though they have health problems
- Inability to keep track of finances or money and pays bills late
- Missing work or school
- Puts others in danger by drinking and driving
- Becomes annoyed when people comment on drinking habits
- Drinks alone or in secret

How much is too much to drink?

In the state of Kentucky, the legal Blood Alcohol Limit is .08, which is typically between 1-2 drinks for the average person, but could only be one drink for some people. Anything over that is too much, especially if you are driving. In addition, you should watch for:

- Cravings of alcohol, as if the drinker cannot function without it
- Increased tolerance over time, or consuming larger quantities
- Having negative effects such as blacking out, or losing interest in activities

What should I do if I or someone I know is experiencing these signs?

You can always tell your chain of command so that they can get you or the servicemember help. You can also contact the Kentucky National Guard Drug Demand Reduction and Substance Abuse Prevention Office at 859-293-4180 or, for anonymous help, you can go to www.militaryonesource.com.

Kentucky National Guard provides hurricane relief to Gulf

Troops deploy to Gulf Coast to aid Hurricane Gustav victims

Story and photos by Maj. Lawrence Joiner
1-623rd Field Artillery/KYNG

Seven Kentucky National Guard units deployed to parts of Louisiana in support of Hurricane Gustav relief missions Aug. 30 to Sept. 14.

C Co., 1-169th and B Co., 2-147th Aviation, 1-623rd Field Artillery Battalion, 2123rd Transportation Co., B Co., 103rd Brigade Support Battalion, 123rd Airlift Wing and members from Joint Force Headquarters made the long journey to the South.

The Guardsmen transported supplies, personnel and equipment in support of local authorities. They also stood up 20 points of distributions (PODs) to hand out food, water and ice to residents of Louisiana.

At the height of the deployment, the KYNG had



Spc. Norman Schwartz, Spc. Chris Owens and Sgt. Jason Muse from Bat. A, 1-623rd Field Artillery load MRE's, ice and water into a Louisiana resident's truck near Baton Rouge, La.

681 Soldiers and Airmen working the mission. By the end of the deployment, the Guardsmen distributed 2.9 million bottles of water, 1.3 million MRE's, 288,450 bags of ice and 26,880 tarps.



Downed power lines near Baton Rouge, La. made roads dangerous for recovery operations during the first few days following Hurricane Gustav.



◀ Cars are staged with trunks open and ready to receive bottled water, MRE's and ice which were being handed out by Soldiers from B Co., 103rd Brigade Support Battalion based out of Harrodsburg, Ky.

Troops assist Louisville Metro after storm

MP's, FA and AV units help clean up, restore power

By 1st Lt. Andi Hahn
Assistant Editor

Five Kentucky National Guard units were mobilized to Louisville, Ky. Sept 16 to provide relief and support to residents affected by the wind storm from the day before.

The high winds damaged homes and shut down power to more than 400,000 citizens in Jefferson County and across the state, setting the record for the largest power outage in Kentucky history.

1-623rd Field Artillery Battalion, 63rd Aviation Group, 149th Brigade, 307th Maintenance Company and Soldiers from the Joint Operation Center in Frankfort were mobilized to assist the Louisville Metro Police Department. They directed traffic, provided debris removal at nine drop-off points and provided security for electric workers who

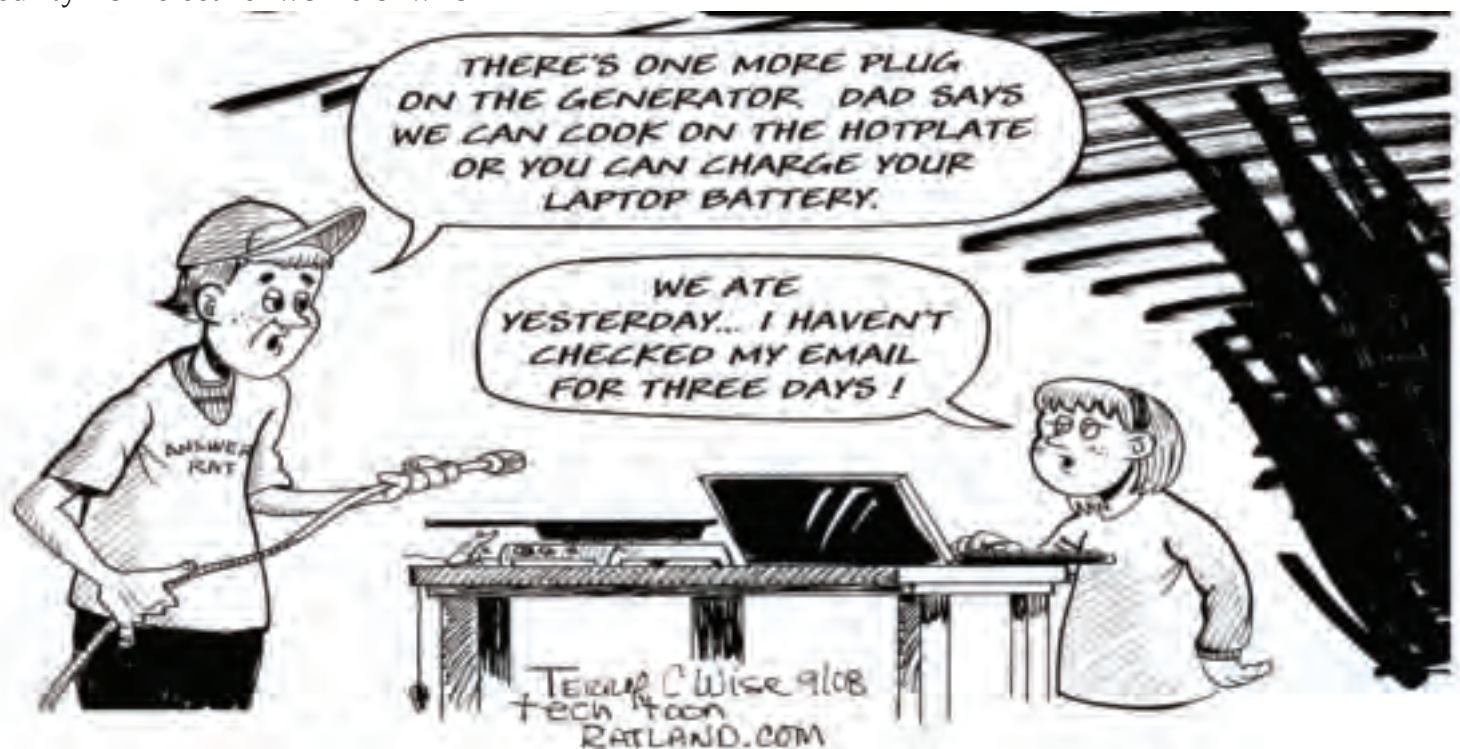


Photo submitted by Maj. Phillip Robinson/KYNG

Staff Sgt. Jeffrey Shelton, B Co., 351st Aviation Support Brigade directs traffic at a busy intersection in Louisville, Ky while electric works repair downed power lines.

were fixing the approximated 6,000 downed power lines. At the peak of the week, the KYNG had 288 Guardsmen mobilized.

Troops also provided power generator support to a medical facility in Lewisport, the women's prison in Pewee Valley and the Muhlenberg Co. water plant.



Cartoon by Terry Wise/U.S. Army Medical Recruiting Command



Welcome home ETT

Embedded Training Team back from Afghanistan deployment

Story and photos by 1st Lt. Andi Hahn
Assistant Editor

The Kentucky National Guard hosted a ceremony for a 14-member embedded training team returning home from a nine-month deployment in Afghanistan Sept. 22 at the Air Guard Base in Louisville, Ky.



Lt. Col. Mark Sherman, who served as Executive Officer while deployed, hugs his son during the Embedded Training Team's welcome home ceremony in Louisville Sept. 22.

The ETT consisted of Soldiers assigned to various major commands within the Kentucky Army National Guard. They arrived in Afghanistan in December 2007 where they provided training and support to the Afghan National Army and police. Their mission included participation in patrols and actions against hostile forces.

More than 8,500 Soldiers and Airmen serve in the Kentucky National Guard with more than 700 currently mobilized in support of OIF and OEF.



The Embedded Training Team was welcomed home from Afghanistan at the Louisville Air Guard Base Sept. 22. The team spent 9 months overseas training the Afghan National Army and Police.

Since September 11, 2001, the KYNG has mobilized more than 12,000 Soldiers and Airmen for the Global War on Terror.